

27 million steps taken, 200 pounds lost on journey to A Healthier Weigh

Written by Holyoke Enterprise

The third annual Healthier Weigh competition ended with a final team weigh-out early in April and an awards dinner Monday, April 21 at Phillips County Event Center.

Tracy Trumper, Colorado State University Extension agent and facilitator of the program, presented award certificates and cash prizes to team representatives and individuals for the step count category and the biggest losers category for weight/waist inches.

The 2014 Healthier Weigh Challenge had 10 teams of four people each as well as five individuals complete the program in Phillips County. Those who completed the 12-week nutrition and fitness program had overall good results of improved nutrition knowledge and analysis of their personal nutrition and increased fitness levels.

Total steps recorded from all of the participants were 27,049,110 steps or 14,439.23 miles.

In the weight loss category, the group lost a total of 212.1 pounds and 59.3 inches off waist measurement.

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A Healthier Weigh participants who were presented with awards at the April 21 dinner are pictured from left, front row, Healthier Weigh coordinator Tracy Trumper, Darci Tomky and Imer Rodriguez; second row, Tammy Kroeger, Brenda Krueger, Nancy Berges, Deb Crossland and Susan Kurtzer; and back row, Karman Keith, Kyle Boatman and Tiffany Watson.

—Enterprise photo

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